



The Walktober 2021 Challenge:

To complete a Walktober wellbeing activity on as many days during October as possible.



It doesn't matter if it's five minutes or 50. Every outdoors experience can make a difference to your wellbeing.



Four focus weeks for Walktober 2021

Friday 1st October Walktober Launch Day	Ready, get set, go! Walktober 2021 is underway! Learn about the four focus weeks, try the toolkit activities, and plan a fundraising activity for later in the month such as an autumn half term trail or an act of kindness for someone local to you.
Week 1 (2-10 October) Keep Active - Stay Safe	Activities linked to Walk to School Week (4-9 October) , scooter and cycle toolkits, Park and Stride, and Transition Time activities to keep you travelling safely and actively to school whenever possible.
Week 2 (11-18 October) Moving Mindfully	Activities focused on spending time outside being active whilst focusing on your mental health including our Mind Runner scavenger hunts .
Week 3 (18-24 October) Exercise your Creativity	Activities focused on connecting with the nature in a more creative way such as creating art from nature, photography focused on the world around you and den building.
Week 4 (25-31 October: Half Term) Family Fun across the Finish Line	Introduce family and friends to your favourite Walktober activities in our toolkit, try an autumnal trail or visit a country park in Hampshire or beyond for a new experience during the holidays.

Our activity toolkit contains ideas for all four focus weeks.

All our resources can be downloaded at: www.myjourneyhampshire.com/walktober

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We are convinced that our walking has had a positive impact on all of us as we feel fitter and happier.

It's been fun. It got our family talking.



Give something back ...



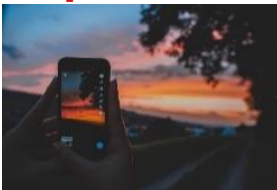
We are asking schools and families to take the opportunity to give something back to their school or local community during Walktober.

We have been inspired by others who have organised **fundraising** Pumpkin Trails, **sponsored** Forest Walks, Scavenger Hunts and walk to school events to raise funds for mental health and school grounds projects.



What could you do to help your local community?

Pupils' Competition*



Pupils can send us a photo entitled "**A wellbeing wonder**", of an activity done or artwork made during Walktober that benefited their wellbeing

Prizes include entry to the [Enchanted Light Trail at Staunton Farm](#), a family pass to the [Winchester Science Centre](#) and [Hampshire Outdoor Centre](#) vouchers.



All competition entries should be submitted via the competition link at myjourneyhampshire.com/walktober. The link will open on 16 October 2021 and close on 5 November 2021. Share your Walktober fun during the month using **#Walktober**.




#Walktober

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Deadline for entries: Friday 5 November 2021.

* Please see the Travel Planning competition [terms here](#)



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